

2008

EC08-477 The Junior Chef's Cookbook : A Collection of NEP Recipes for Youth

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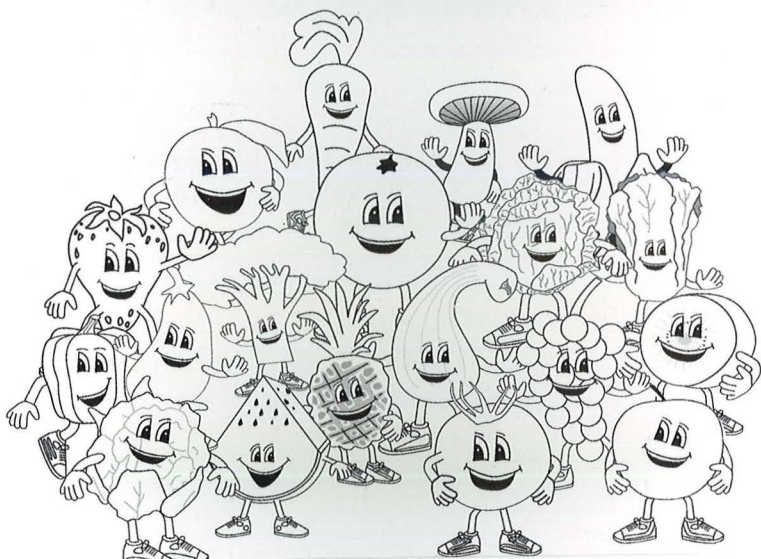
EXTENSION

Know how. Know **now**.

EC477

The Junior Chef's Cookbook:

A Collection of NEP Recipes for Youth



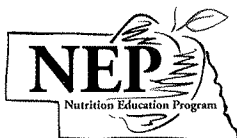
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The Junior Chef's Cookbook:

A Collection of NEP Recipes for Youth

Nutrition Education Program NEP



This material was funded in part by USDA's Food Stamp Program and Expanded Food & Nutrition Education Program (EFNEP). The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Food Stamp office or call 1-800-430-3244.

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Candece Goshorn
Natalie Sehi

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Sarah Doerneman
Susie Reyes
Shana Kraus

Resources:

- Dole 5 A Day. <http://www.dole5aday.com>.
- FAQ: All your dairy questions answered here. <http://www.moomilk.com>
- Kids & Family. http://www.aeb.org/KidsAndFamily/time_to_lay_an_egg.htm
- National Peanut Board. <http://www.nationalpeanutboard.org>
- Kraft Foods. <http://www.kraftfoods.com>

NEP Staff Contact Information:

Parents:

The recipes found in this cookbook **do not** use an oven or stovetop. Some recipes do use a microwave or blender. Please read the following rules to your child before he or she starts any recipe.

Children love to help in the kitchen and are more likely to try a new food if they helped make it. If your child wants to help you in the kitchen give him or her a task, such as:

Little ones: measure ingredients, such as bread crumbs, flour, sugar, and cheese.

Bigger kids: crack eggs, open cans, make hamburger patties.

Teens: Most teenagers do not want to be told what to do, so give them a part of a recipe and allow them to follow it on their own.

Keep in mind that your child is learning how to cook. Children may be messy or make a mistake. Mistakes help children learn. They will learn the new skill with practice.

Kitchen Rules

Rule One: **Hand washing**

Remember to wash your hands:

- Before you touch food.
- After touching raw meat, for example uncooked chicken.
- After using the bathroom.
- After touching your face or hair.



1 Wet hands with warm water.



2 Use soap.



3 Wash hands while counting to 20.



4 Rinse completely.



5 Dry hands with paper towel.



6 Shut off water with paper towel and put paper towel in trash.

Rule Two: Work with an adult in the kitchen

- Do not cook without asking an adult first.

Rule Three: Separate, don't cross contaminate

- Use one cutting board for fresh fruits and vegetables and a separate one for raw meat, poultry, and seafood. If you have only one cutting board, make sure to wash it with hot water and soap between each food use.
- Do not forget to wash utensils and countertops thoroughly with hot water and soap before and between tasks.



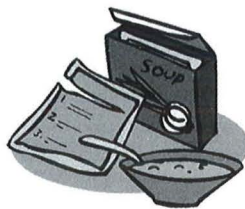
Rule Four: Microwave-safety

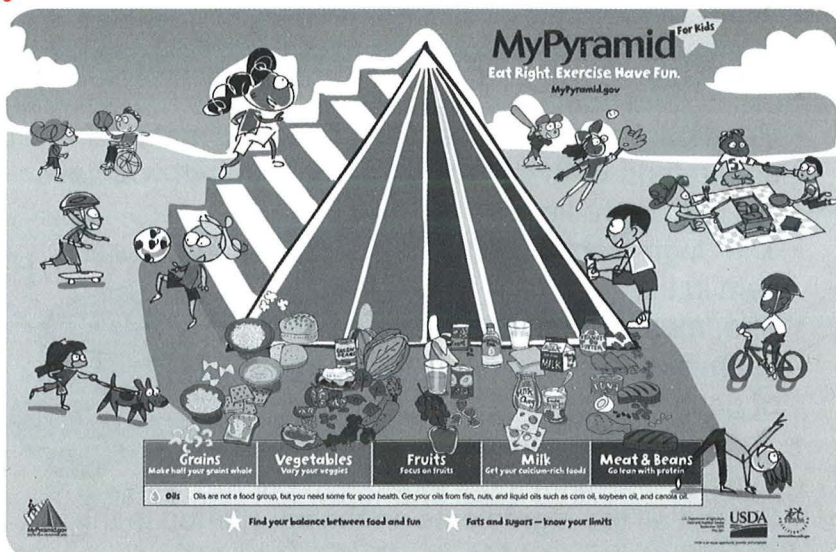
- Make sure your microwave is on a sturdy stand or countertop and low enough to reach.
- Ask an adult to show you how to use your microwave.
- Do not start your microwave without food in it.
- Do not use metal pans, foils, utensils, or twisty ties in your microwave.
- Use pot holders when taking food out of the microwave.
- Stir microwaved foods before eating; there may be some hot spots that can cause burns.
- Microwaves may vary in power, so you may have to change the cooking time.



Rule Five: Reading recipes

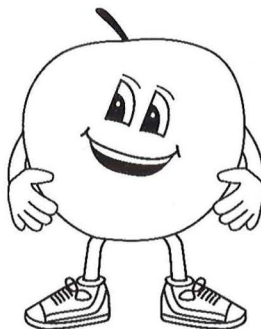
- Read each recipe all the way through to make sure you understand what you will be doing and that you have the right ingredients.
- The “ingredients” list the name and amount of each item in the recipe.
- The “measurements” or amount of each item to be used is listed in front of each ingredient.
- The “directions” tell you how to make the recipe.
- Set out all the ingredients on the countertop in the order that you need to use them.
- Make sure you have the right kitchen tools and cookware for your recipe.
- Follow the directions and you will be set!





- MyPyramid for Kids reminds you to be physically active every day and to make healthy food choices.
- You can visit MyPyramid for more information and activities at: <http://www.mypyramid.gov/kids/index.html>

Hey kids! Remember
to run and jump
each day!



A Close Look at MyPyramid For Kids

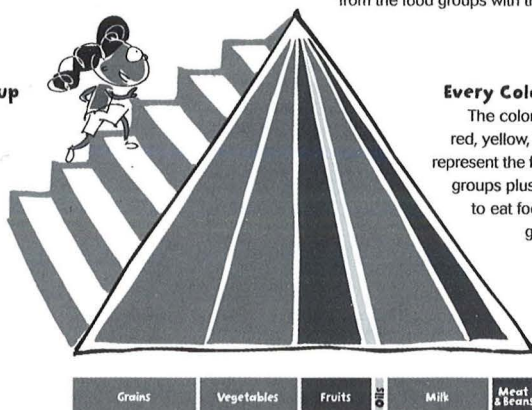
MyPyramid for Kids reminds you to be physically active every day, or most days, and to make healthy food choices. Every part of the new symbol has a message for you. Can you figure it out?

Be Physically Active Every Day

The person climbing the stairs reminds you to do something active every day, like running, walking the dog, playing, swimming, biking, or climbing lots of stairs.

Choose Healthier Foods From Each Group

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid.



Eat More From Some Food Groups Than Others

Did you notice that some of the color stripes are wider than others? The different sizes remind you to choose more foods from the food groups with the widest stripes.

Every Color Every Day

The colors orange, green, red, yellow, blue, and purple represent the five different food groups plus oils. Remember to eat foods from all food groups every day.

Make Choices That Are Right for You

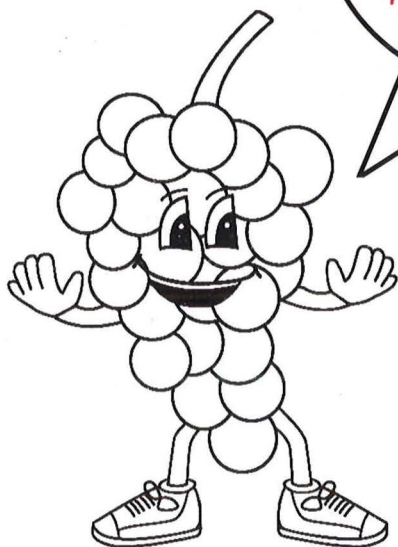
MyPyramid.gov is a Web site that will give everyone in the family personal ideas on how to eat better and exercise more.

Take One Step at a Time

You do not need to change overnight what you eat and how you exercise. Just start with one new, good thing, and add a new one every day.

Beverages

Chopped Bug Juice.....	13
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Hi,
I just thought of
something fun! Why don't
you go make an obstacle
course for you and your
friends! See who can get
through it the fastest!

Chopped Bug Juice

Preparation Time: 5 minutes
Servings: 6

Utensils Needed: can opener, large pitcher, measuring cup, ice cream scoop, 6 tall glasses, and spoon.

- 1 (46 ounce) can unsweetened pineapple juice, chilled
- 2 (15 ounce) cans pineapple tidbits
- 2 cups fat-free vanilla ice cream, divided
- raisins (optional)
- food coloring, red, blue, or green (optional)

Directions:

1. In a large pitcher, combine pineapple juice and pineapple tidbits (bugs).
2. Place $\frac{1}{3}$ cup of ice cream in each glass.
3. Pour juice mixture over ice cream.
4. Stir raisins and 1 drop of food coloring into each glass, if desired.
5. Serve immediately.

Nutrition Information per Serving: Calories 270, Total Fat 5 g (8% DV), Saturated Fat 3 g (15% DV), Cholesterol 20 mg (7% DV), Sodium 55 mg (2% DV), Total Carbohydrate 56 g (19% DV), Dietary Fiber 2 g (8% DV), Sugars 47 g, Protein 2 g, Vitamin A 15%, Vitamin C 110%, Calcium 6%, Iron 2%.



Fun Fact: A pineapple can weigh up to 20 pounds, although the average size is between 2 and 5 pounds.

Purple Cow

Preparation Time: 5 minutes

Servings: 1

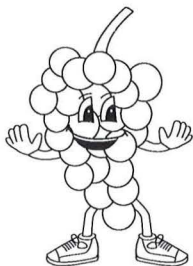
Utensils Needed: measuring cup, ice cream scoop, tall glass, and spoon.

- $\frac{1}{2}$ cup fat-free vanilla ice cream
- $\frac{1}{2}$ cup grape juice

Directions:

1. Place ice cream into a glass.
2. Pour grape juice over ice cream.
3. Serve immediately.

- Nutrition Information per Serving: Calories 220, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 110 mg (5% DV), Total Carbohydrate 50 g (17% DV), Dietary Fiber 1 g (5% DV), Sugars 43 g, Protein 5 g, Vitamin A 15%, Vitamin C 35%, Calcium 15%, Iron 0%.



Fun Fact: It takes 12 pounds of milk to make 1 gallon of ice cream.

Winter Wonderland Hot Chocolate

Preparation Time: 5 minutes

Servings: 1

Utensils Needed: microwave-safe mug, measuring cup, measuring spoon, microwave, spoon, and pot holders.

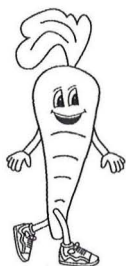
- 1 cup low-fat milk
- 2 tablespoons instant chocolate pudding
- 10 miniature marshmallows

Directions:

1. In a microwave-safe mug, microwave milk on HIGH for 1½ minutes or until hot.
2. Add pudding mix. Stir until all pudding mix is dissolved.
3. Stir in marshmallows.
4. Serve immediately.

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 330, Total Fat 1 g (2% DV), Saturated Fat 0 g (0% DV), Cholesterol 5 mg (2% DV), Sodium 950 mg (40% DV), Total Carbohydrate 68 g (23% DV), Dietary Fiber 2 g (8% DV), Sugars 45 g, Protein 10 g, Vitamin A 10%, Vitamin C 2%, Calcium 25%, Iron 4%.



Fun Fact: A cow has 4 stomachs and 24 teeth.

Creamy Milk Shake

Preparation Time: 5 minutes
Servings: 5

Utensils Needed: blender, measuring cup, ice cream scoop, and glass.

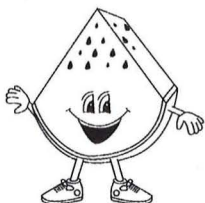
- 3 cups low-fat milk
- 1 (3.5 ounce) package instant chocolate pudding
- 1½ cups low-fat vanilla ice cream

Directions:

1. Pour milk into blender. Add pudding mix and ice cream; cover.
2. Blend on HIGH for 15 seconds or until smooth.
3. Serve at once or refrigerate. Stir before serving.

* Mixture thickens as it stands. You may thin with additional milk, if desired.

Nutrition Information per Serving: Calories 220, Total Fat 4.5 g (7% DV), Saturated Fat 3 g (15% DV), Cholesterol 25 mg (8% DV), Sodium 400 mg (17% DV), Total Carbohydrate 37 g (12% DV), Dietary Fiber 1 g (4% DV), Sugars 28 g, Protein 8 g, Vitamin A 10%, Vitamin C 2%, Calcium 25%, Iron 2%.

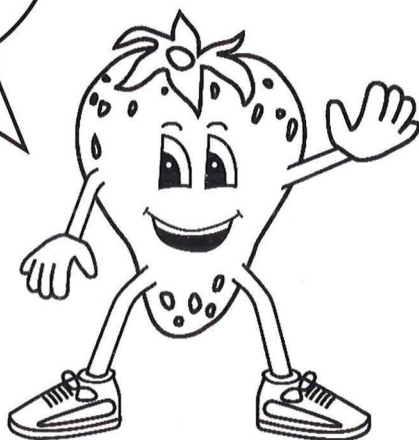


Fun Fact: The average cow drinks about a bathtub full of water every day.

Breakfast

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I have an idea!
Get the neighbors
together for a
fun game of tag!



Breakfast Time Egg

Preparation Time: 5 minutes
Servings: 1

Utensils Needed: microwave-safe bowl, non-stick cooking spray, measuring spoon, measuring cup, microwave, fork, spoon, and pot holders.

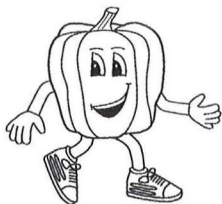
- 1 egg
- 1 tablespoon water
- $\frac{1}{4}$ cup Cheddar cheese, shredded
- 1 slice bread, toasted

Directions:

1. Spray the microwave-safe bowl with non-stick cooking spray.
2. Add egg and water; beat lightly with fork. Stir in cheese.
3. Microwave on HIGH for 1 to 1½ minutes or until egg is completely cooked, stirring after 1 minute.
4. Spoon onto toast. Enjoy!

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 240, Total Fat 14 g (22% DV), Saturated Fat 8 g (40% DV), Cholesterol 240 mg (80% DV), Sodium 390 mg (16% DV), Total Carbohydrate 14 g (5% DV), Dietary Fiber 2 g (8% DV), Sugars 2 g, Protein 15 g, Vitamin A 4%, Vitamin C 0%, Calcium 4%, Iron 10%.



Fun Fact: It takes about 34 hours for a hen to lay a single egg.

Party Parfait

Preparation Time: 5 minutes

Servings: 1

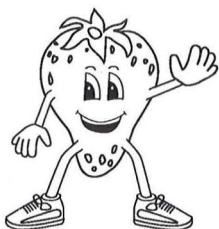
Utensils Needed: tall glass, can opener, measuring spoons, and spoon.

- 4 tablespoons vanilla yogurt, divided
- 2 tablespoons cereal
- 2 tablespoons strawberries, sliced
- 2 tablespoons pineapple, chunks or tidbits
- 2 tablespoons peanuts

Directions:

1. In a glass, layer 2 tablespoons of yogurt, cereal, strawberries, yogurt, pineapple, and peanuts.

Nutrition Information per Serving: Calories 210, Total Fat 11 g (17% DV), Saturated Fat 2 g (10% DV), Cholesterol 5 mg (2% DV), Sodium 45 mg (2% DV), Total Carbohydrate 23 g (8% DV), Dietary Fiber 3 g (12% DV), Sugars 15 g, Protein 9 g, Vitamin A 0%, Vitamin C 25%, Calcium 10%, Iron 4%.



Fun Fact: There are more than 600 different varieties of strawberries, each with its own look and characteristics.

Fruity Fun Pizza

Preparation Time: 5 minutes

Servings: 1

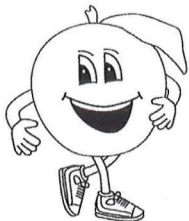
Utensils Needed: can opener, plate, measuring spoons, butter knife, and spoon.

- ½ cinnamon raisin bagel
- 1 tablespoon cream cheese
- 2 tablespoons canned or fresh fruit, chopped
- 1 teaspoon brown sugar

Directions:

1. Place bagel on plate.
2. Spread cream cheese on bagel.
3. Spoon fruit on top of bagel.
4. Sprinkle with brown sugar.

Nutrition Information per Serving: Calories 160, Total Fat 6 g (9% DV), Saturated Fat 3.5 g (18% DV), Cholesterol 15 mg (5% DV), Sodium 135 mg (6% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 1 g (4% DV), Sugars 9 g, Protein 4 g, Vitamin A 6%, Vitamin C 2%, Calcium 2%, Iron 8%.



Fun Fact: Brown sugar is made from a mixture of white sugar and molasses and is generally available in light or dark varieties.

Lickity Split Breakfast

Preparation Time: 5 minutes
Servings: 1

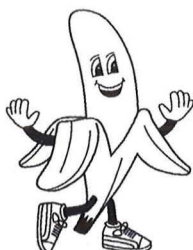
Utensils Needed: butter knife, cereal bowl, measuring cups, spoon, sharp knife, and cutting board.

- 1 banana
- $\frac{1}{2}$ cup strawberry yogurt
- $\frac{1}{2}$ cup whole-grain cereal
- $\frac{1}{4}$ cup grapes, halved
- $\frac{1}{4}$ cup strawberries, sliced

Directions:

1. Peel and cut banana in half lengthwise.
2. Place banana in a cereal bowl.
3. Top banana with yogurt and sprinkle with cereal and fruit.

Nutrition Information per Serving: Calories 340, Total Fat 4 g (6% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 10 mg (3% DV), Sodium 170 mg (7% DV), Total Carbohydrate 71 g (24% DV), Dietary Fiber 9 g (36% DV), Sugars 45 g, Protein 10 g, Vitamin A 10%, Vitamin C 60%, Calcium 35%, Iron 10%.



Fun Fact: Bananas have been grown for over 1 million years.

Express Eggs

Preparation Time: 10 minutes

Servings: 4

Utensils Needed: mixing bowl, non-stick cooking spray, measuring cup, fork, microwave-safe dish, plastic wrap, microwave, spoon, and pot holders.

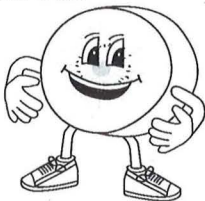
4 eggs
 $\frac{1}{4}$ cup low-fat milk
salt (optional)
pepper (optional)

Directions:

1. Spray microwave-safe dish with non-stick cooking spray. Set aside.
2. Crack the eggs in the mixing bowl, add milk and mix well with a fork.
3. Pour egg mixture into prepared dish, cover with plastic wrap and microwave on HIGH for 4 minutes.
4. Carefully remove eggs from the microwave using pot holders.
5. Remove the plastic wrap and use a spoon to break the eggs into bite-sized pieces.

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 80, Total Fat 5 g (8% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 210 mg (70% DV), Sodium 80 mg (3% DV), Total Carbohydrate 1 g (0% DV), Dietary Fiber 0 g (0% DV), Sugars 1 g, Protein 7 g, Vitamin A 6%, Vitamin C 0%, Calcium 4%, Iron 6%.



Fun Fact: 26 million eggs are eaten in the United States every day!

Mix It Up Cereal

Preparation Time: 5 minutes
Servings: 2

Utensils Needed: microwave-safe bowl, measuring cups, microwave, spoon, and pot holders.

- 1 cup whole-grain cereal
- $\frac{1}{2}$ cup raisin bran cereal
- $\frac{1}{4}$ cup granola cereal
- $\frac{1}{2}$ cup dried fruit
- 1 cup low-fat milk

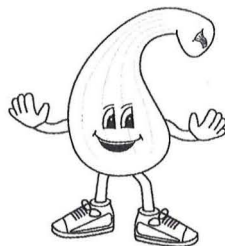
Directions:

1. In a microwave-safe bowl, combine the cereals.
2. Sprinkle with dried fruit.
3. Heat on HIGH for 20 to 30 seconds, until fruit is warm.
4. Pour milk over the cereal.

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 340, Total Fat 3 g (5% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 320 mg (13% DV), Total Carbohydrate 71 g (24% DV), Dietary Fiber 10 g (40% DV), Sugars 43 g, Protein 12 g, Vitamin A 10%, Vitamin C 4%, Calcium 30%, Iron 20%.

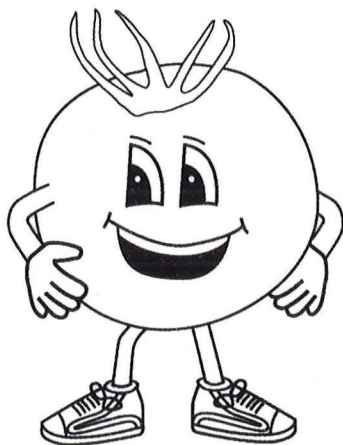
Fun Fact: The word cereal comes from Cerealia, the name of ancient Roman ceremonies that honored Ceres, the goddess of grain.



Dips

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Why don't you play
hopscotch with your
family or friends?
That would be so much
fun!



Cinnamonee Dip

Preparation Time: 5 minutes

Servings: 1

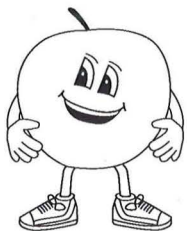
Utensils Needed: cutting board, knife, small mixing bowl, measuring spoons, measuring cup, and spoon.

- 1 apple
- $\frac{1}{2}$ cup plain or vanilla yogurt
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon vanilla extract

Directions:

1. With the help of an adult, core and slice apple. Set aside.
2. In a small bowl, mix yogurt, cinnamon, and vanilla extract.
3. Dip apple slices in yogurt mixture and enjoy.

Nutrition Information per Serving: Calories 200, Total Fat 2.5 g (4% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 10 mg (3% DV), Sodium 70 mg (3% DV), Total Carbohydrate 41 g (14% DV), Dietary Fiber 4 g (16% DV), Sugars 33 g, Protein 5 g, Vitamin A 10%, Vitamin C 10%, Calcium 20%, Iron 2%.



Fun Fact: Eating yogurt helps get rid of bad breath!

Berry Fluffy Dip

Preparation Time: 5 minutes

Servings: 15

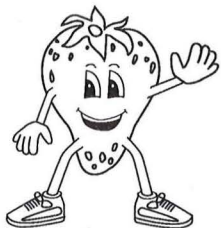
Utensils Needed: knife, cutting board, measuring cup, large mixing bowl, and spoon.

- 2 cups fresh strawberries, or other fresh fruit for dipping
- 1 (7 ounce) jar marshmallow creme
- 1 (8 ounce) container low-fat strawberry cream cheese

Directions:

1. Wash strawberries. Cut stems off strawberries. Set aside.
2. In a large bowl, mix marshmallow creme and cream cheese together until smooth.
3. Dip strawberries in cream cheese mixture and enjoy.

Nutrition Information per Serving: Calories 80, Total Fat 2 g (3% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 5 mg (2% DV), Sodium 70 mg (3% DV), Total Carbohydrate 15 g (5% DV), Dietary Fiber 0 g (0% DV), Sugars 12 g, Protein 2 g, Vitamin A 2%, Vitamin C 20%, Calcium 2%, Iron 0%.



Fun Fact: Strawberries are the only fruit with seeds on the outside. The average strawberry has 200 seeds.

Scrumptious Taco Dip

Preparation Time: 15 minutes
Servings: 15

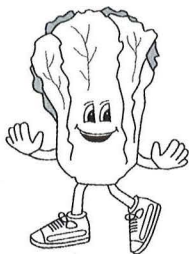
Utensils Needed: small mixing bowl, measuring cup, spoons, 9x13-inch baking dish, knife, and cutting board.

- 1 (16 ounce) container low-fat sour cream
- 1 (1.25 ounce) envelope taco seasoning
- 1 head of lettuce, shredded
- 2 tomatoes, chopped
- 1 cup low-fat Cheddar cheese, shredded
- 1 (16 ounce) package low-fat tortilla chips

Directions:

1. In a small bowl, mix sour cream and taco seasoning.
2. In a 9x13-inch baking dish, layer the ingredients in the following order: sour cream mixture, lettuce, tomatoes, and cheese.
3. Serve with tortilla chips for dipping.

Nutrition Information per Serving: Calories 220, Total Fat 8 g (12% DV), Saturated Fat 3 g (15% DV), Cholesterol 15 mg (5% DV), Sodium 540 mg (23% DV), Total Carbohydrate 28 g (9% DV), Dietary Fiber 3 g (12% DV), Sugars 3 g, Protein 8 g, Vitamin A 10%, Vitamin C 8%, Calcium 15%, Iron 4%.



Fun Fact: If you do not have taco seasoning at home: mix 1 tablespoon dry minced onion, 2 teaspoons chili powder, 1½ teaspoons salt, 1 teaspoon garlic powder, and ½ teaspoon cumin.

Cheesey Chili Dip

Preparation Time: 10 minutes

Servings: 5

Utensils Needed: microwave-safe bowl, can opener, measuring cup, spoon, microwave, pot holders, colander, knife, and cutting board.

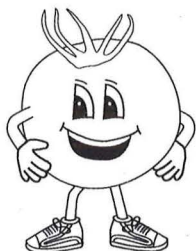
- 1 (15 ounce) can chili beans, drained
- $\frac{1}{2}$ pound processed cheese, cubed
- 1 cup salsa

Directions:

1. In a microwave-safe bowl, mix chili beans, cheese, and salsa.
2. Microwave on HIGH for 4 minutes.
3. Stir every 2 minutes.
4. Serve warm with tortilla chips or vegetables.

*Microwaves may vary in power, so you may have to change the cooking time.

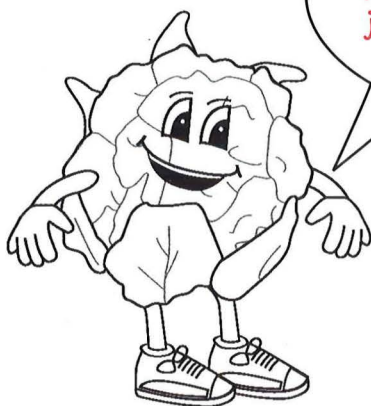
Nutrition Information per Serving: Calories 230, Total Fat 10 g (15% DV), Saturated Fat 6 g (30% DV), Cholesterol 40 mg (13% DV), Sodium 1220 mg (51% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 5 g (20% DV), Sugars 5 g, Protein 11 g, Vitamin A 15%, Vitamin C 2%, Calcium 20%, Iron 6%.



Fun Fact: Instead of salsa, you can use a can of chopped tomatoes with onions and peppers already added.

Main Dishes

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Hi,
can you see how
many times you can
jump rope without
stopping?

Inside Out Sandwich

Preparation Time: 1 minute
Servings: 1

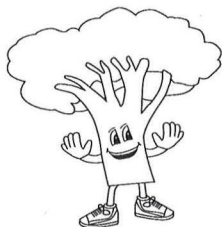
Utensils Needed: toothpick and plate.

- 1 slice cheese
- 1 slice turkey or ham
- 1 bread stick, soft

Directions:

1. Wrap a slice of cheese and then a slice of turkey or ham around a soft bread stick.
2. Hold in place with a toothpick.
3. Remove toothpick before eating.

- Nutrition Information per Serving: Calories 170, Total Fat 8 g (12% DV), Saturated Fat 3.5 g (18% DV), Cholesterol 25 mg (8% DV), Sodium 780 mg (33% DV), Total Carbohydrate 15 g (5% DV), Dietary Fiber 0 g (0% DV), Sugars 3 g, Protein 10 g, Vitamin A 6%, Vitamin C 0%, Calcium 20%, Iron 6%.



Fun Fact: The flap of skin that hangs over a turkey's beak is called a "shood."

Peanut Butter Pineapple Burst

Preparation Time: 10 minutes

Servings: 6

Utensils Needed: measuring cups, measuring spoons, can opener, colander, cutting board, sharp knife, butter knife, and plate.

- 6 (8-inch) flour tortillas
- 12 tablespoons peanut butter, divided
- 1 (8 ounce) can crushed pineapple, drained
- 1 medium banana, sliced
- 2 kiwi fruit, peeled and chopped
- 1 cup strawberries, chopped
- $\frac{1}{4}$ cup coconut, flaked

Directions:

1. Place tortilla on a plate.
2. Spread 2 tablespoons peanut butter on each tortilla.
3. Top each tortilla with 1 tablespoon of pineapple, banana, kiwi, strawberries, and $\frac{1}{2}$ tablespoon of coconut.
4. Roll up tortillas.

Nutrition Information per Serving: Calories 420, Total Fat 17 g (26% DV), Saturated Fat 4.5 g (23% DV), Cholesterol 0 mg (0% DV), Sodium 570 mg (24% DV), Total Carbohydrate 58 g (19% DV), Dietary Fiber 6 g (24% DV), Sugars 17 g, Protein 13 g, Vitamin A 2%, Vitamin C 70%, Calcium 8%, Iron 15%.



Fun Fact: Many years ago coconut was a food for kings and queens.

Fastastic Pizza

Preparation Time: 5 minutes

Servings: 1

Utensils Needed: measuring spoons, spoon, microwave-safe plate, microwave, and pot holders.

- 1 (8-inch) flour tortilla
- 2 tablespoons pizza or spaghetti sauce
- 1 tablespoon Cheddar or Mozzarella cheese, shredded

Topping Options:

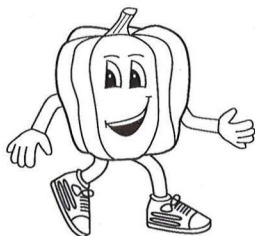
pepperoni
black olives
green bell pepper, chopped

Directions:

1. Place tortilla on a microwave-safe plate.
2. Spread pizza or spaghetti sauce on tortilla.
3. Sprinkle with cheese.
4. Top with favorite toppings to make a face.
5. Microwave tortilla on HIGH for 20 seconds.

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 130, Total Fat 4.5 g (7% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 5 mg (2% DV), Sodium 380 mg (16% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 1 g (4% DV), Sugars 2 g, Protein 5 g, Vitamin A 4%, Vitamin C 2%, Calcium 10%, Iron 8%.



Fun Fact: The first pizza place opened in New York City in 1905.

Tortilla Roll-up

Preparation Time: 5 minutes
Servings: 1

Utensils Needed: measuring spoons, microwave-safe plate, microwave, butter knife, and pot holders.

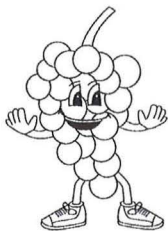
- 1 (8-inch) whole wheat tortilla
- 1 tablespoon peanut butter
- 2 tablespoons applesauce
- 1 tablespoon raisins
- $\frac{1}{8}$ teaspoon ground cinnamon

Directions:

1. Place tortilla on a microwave-safe plate. Microwave tortilla on HIGH for 10 seconds.
2. Spread peanut butter, applesauce, raisins, and cinnamon in center of tortilla.
3. Roll up tortilla and enjoy.

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 220, Total Fat 9 g (14% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 0 mg (0% DV), Sodium 250 mg (10% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 4 g (16% DV), Sugars 14 g, Protein 7 g, Vitamin A 0%, Vitamin C 2%, Calcium 2%, Iron 8%.



Fun Fact: Seventy-five percent of grapes are eaten at breakfast.

Hot Potato

Preparation Time: 10 minutes

Servings: 1

Utensils Needed: vegetable scrubber, fork, microwave-safe plate, microwave, knife, and pot holders.

1 medium potato

Topping Options:

red bell pepper, broccoli, sour cream, mushrooms, tomato, cottage cheese, sliced olives, onions, cheese

Directions:

1. Scrub the potato with a vegetable scrubber under warm running water to remove all dirt.
2. Using a fork, poke a couple of holes in the potato.
3. Place potato on a microwave-safe plate.
4. Microwave potato on HIGH for 2 minutes. Using a pot holder, turn the potato and cook for another 2 minutes.
5. Let potato sit in the microwave for 5 minutes.
6. Cut potato open and add selected toppings.

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 160, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 15 mg (1% DV), Total Carbohydrate 37 g (12% DV), Dietary Fiber 4 g (16% DV), Sugars 2 g, Protein 4 g, Vitamin A 0%, Vitamin C 30%, Calcium 2%, Iron 10%.



Fun Fact: When eating a baked potato, leave the skin on for added fiber!

Surfs Up Tacos

Preparation Time: 10 minutes
Servings: 12

Utensils Needed: can opener, medium mixing bowl, fork, spoon, measuring spoons, measuring cups, 3 small bowls, colander, microwave-safe plate, microwave, and pot holders.

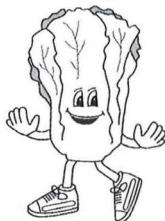
- 1 (2 ounce) can of tuna, drained
- 1 (15.5 ounce) can red kidney beans, rinsed and drained
- 1 (11 ounce) can mexi-corn, drained
- $\frac{1}{3}$ cup mayonnaise
- 2 tablespoons taco seasoning
- 2 tablespoons lime juice (or juice from 1 lime)
- 2 cups lettuce, shredded
- $1\frac{1}{2}$ cups Cheddar cheese, shredded
- $\frac{1}{2}$ cup salsa
- 12 hard taco shells

Directions:

1. In a medium bowl, flake tuna with fork. Stir in beans, corn, mayonnaise, taco seasoning, and lime juice.
2. Place lettuce, cheese, and salsa in separate bowls.
3. Place taco shells on microwave-safe plate.
4. Microwave taco shells on HIGH for 1 minute.
5. To eat, layer tuna mixture, lettuce, and cheese. Top with salsa.

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 240, Total Fat 12 g (18% DV), Saturated Fat 4 g (20% DV), Cholesterol 20 mg (7% DV), Sodium 510 mg (21% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 6 g (24% DV), Sugars 3 g, Protein 9 g, Vitamin A 4%, Vitamin C 2%, Calcium 2%, Iron 2%.



Fun Fact: Fish is good brain food!

Chicken Salad Roll-ups

Preparation Time: 15 minutes
Servings: 12

Utensils Needed: measuring cups, large bowl, knife, cutting board, can opener, spoon, colander, and plate.

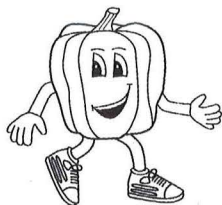
- 3 (10 ounce) cans chicken, shredded and drained
- $\frac{1}{4}$ cup Italian salad dressing
- 6 (8-inch) flour tortillas
- 6 lettuce leaves
- 1 green bell pepper, cut into strips
- 2 celery stalks, diced

Directions:

1. In a large bowl, combine canned chicken and salad dressing.
2. Place tortilla on plate.
3. Place $\frac{1}{3}$ cup of chicken mixture on each tortilla.
4. Add 1 lettuce leaf, bell pepper, and celery to tortilla. Roll like an enchilada.
5. Cut in half and serve immediately.

*Try adding other vegetables that you like.

Nutrition Information per Serving: Calories 190, Total Fat 6 g (9% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 60 mg (20% DV), Sodium 390 mg (16% DV), Total Carbohydrate 14 g (5% DV), Dietary Fiber 1 g (4% DV), Sugars 1 g, Protein 21 g, Vitamin A 2%, Vitamin C 10%, Calcium 4%, Iron 8%.



Fun Fact: There are more chickens on earth than there are humans.

Beetle Buns

Preparation Time: 15 minutes

Servings: 8

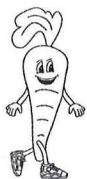
Utensils Needed: knife, measuring cups, plate, butter knife, large plate, and cutting board.

- 8 hamburger buns
- $\frac{1}{4}$ cup mayonnaise, divided
- 8 ham slices
- 8 slices American cheese
- 8 lettuce leaves
- 8 tomato slices
- $\frac{1}{2}$ cup carrot sticks
- 1 small red bell pepper, sliced
- 1 cup broccoli florets

Directions:

1. Open each bun.
2. Using a butter knife, spread mayonnaise on one half side of bun.
3. Stack ham slice, cheese slice, lettuce leaf, and tomato slice, on one half side of bun.
4. Arrange carrot sticks and red pepper slices for legs of the beetle, and use the broccoli florets for the eyes of the beetle.
5. Top with the other side of bun. Press together.
6. Place sandwiches on large plate and serve. Enjoy!

Nutrition Information per Serving: Calories 270, Total Fat 16 g (25% DV), Saturated Fat 3.5 g (18% DV), Cholesterol 20 mg (7% DV), Sodium 600 mg (25% DV), Total Carbohydrate 24 g (8% DV), Dietary Fiber 2 g (8% DV), Sugars 4 g, Protein 8 g, Vitamin A 40%, Vitamin C 35%, Calcium 15%, Iron 10%.



Fun Fact: Adding vegetables to your sandwiches, salads, and wraps is a great way to get more vegetables each day.

Cool Quesadilla

Preparation Time: 5 minutes

Servings: 1

Utensils Needed: microwave-safe plate, microwave, measuring spoons, and pot holders.

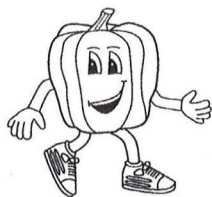
- 1 (8-inch) flour tortilla
- 1 slice cheese
- 1 tablespoon red bell pepper, chopped
- 1 teaspoon green onion, sliced

Directions:

1. Place tortilla on a microwave-safe plate.
2. Place cheese, red pepper, and onion on top of tortilla.
3. Microwave on HIGH for 15 to 20 seconds or until cheese is melted.
4. Fold in half. Enjoy!

*Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 190, Total Fat 5 g (8% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 470 mg (20% DV), Total Carbohydrate 28 g (9% DV), Dietary Fiber 2 g (8% DV), Sugars 1 g, Protein 6 g, Vitamin A 6%, Vitamin C 30%, Calcium 6%, Iron 10%.



Fun Fact: As bell peppers mature, their color changes from green to red and they become sweeter.

Salads

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Spend time with your family and go for a walk or to the park!

Goodies from the Garden Salad

Preparation Time: 20 minutes

Servings: 8

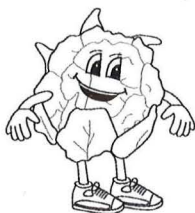
Utensils Needed: large mixing bowl, knife, measuring cups, spoon, and cutting board.

- 1 cup cherry tomatoes
- 1½ cups broccoli florets
- 1½ cups cauliflower florets
- ½ green bell pepper
- 1 cup Italian salad dressing

Directions:

1. Wash and cut tomatoes, broccoli, cauliflower, and pepper into bite-sized pieces.
2. In a large bowl, mix all ingredients. Cover and refrigerate at least 2 hours.
3. Serve cold.

Nutrition Information per Serving: Calories 80, Total Fat 8 g (12% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 360 mg (15% DV), Total Carbohydrate 3 g (1% DV), Dietary Fiber 1 g (4% DV), Sugars 1 g, Protein 1 g, Vitamin A 10%, Vitamin C 50%, Calcium 2%, Iron 2%.



Fun Fact: Cauliflower is very delicate and bruises easily.

Confetti Picnic

Preparation Time: 15 minutes
Servings: 8

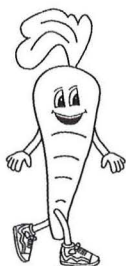
Utensils Needed: large mixing bowl, measuring cups, can opener, knife, colander, cutting board, and spoon.

- 1 cup cherry tomatoes, halved
- 1 cup carrot, sliced
- 1 (15.25 ounce) can whole kernel corn, drained
- 1 (15 ounce) can chickpeas, drained
- 1 (14.5 ounce) can green beans, drained
- ½ cup Italian salad dressing

Directions:

1. In a large bowl, mix together the tomatoes, carrots, corn, chickpeas, and green beans.
2. Add dressing and mix well.
3. Cover and refrigerate at least 30 minutes.

- Nutrition Information per Serving: Calories 140, Total Fat 6 g (9% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 630 mg (26% DV), Total Carbohydrate 20 g (7% DV), Dietary Fiber 5 g (20% DV), Sugars 7 g, Protein 4 g, Vitamin A 40%, Vitamin C 10%, Calcium 4%, Iron 8%.



Fun Fact: Pick carrots that are smooth, firm, well-shaped, and bright orange to orange-red in color.

Tutti Fruity Salad

Preparation Time: 5 minutes
Servings: 4

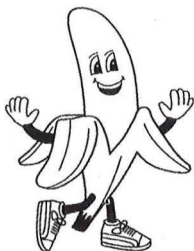
Utensils Needed: medium mixing bowl, can opener, cutting board, butter knife, spoon, and colander.

- 1 (15 ounce) can mandarin oranges, drained
- 1 banana
- ½ (6 ounce) jar maraschino cherries, drained

Directions:

1. Place oranges in a mixing bowl.
2. Peel and slice banana with butter knife. Add bananas to oranges. Mix gently.
3. Top with cherries. Enjoy!

Nutrition Information per Serving: Calories 100, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 5 mg (0% DV), Total Carbohydrate 26 g (9% DV), Dietary Fiber 3 g (12% DV), Sugars 21 g, Protein 1 g, Vitamin A 30%, Vitamin C 60%, Calcium 2%, Iron 2%.



Fun Fact: Bananas are the number one fresh fruit sold in the United States!

Choco-Apple Salad

Preparation Time: 15 minutes
Servings: 6

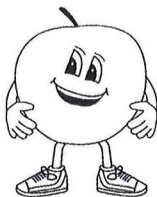
Utensils Needed: medium mixing bowl, cutting board, knife, and spoon.

- 2 apples (use a variety of kinds and colors such as: Granny Smith, Red Delicious, or McIntosh)
- 1 (2.1 ounce) chocolate candy bar with nuts
- 4 ounces whipped topping, thawed

Directions:

- 1. Wash apples.
- 2. With the help of an adult, core and cut apples into bite-sized pieces with skins on. Place into a medium bowl. Set aside.
- 3. Cut up candy bar into bite-sized pieces and mix with apples.
- 4. Add whipped topping and stir.
- 5. Serve immediately. Refrigerate any leftovers.

Nutrition Information per Serving: Calories 120, Total Fat 6 g (9% DV), Saturated Fat 4.5 g (23% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber 1 g (4% DV), Sugars 11 g, Protein 1 g, Vitamin A 0%, Vitamin C 4%, Calcium 0%, Iron 0%.



Fun Fact: Americans eat an average of 18 pounds of fresh apples each year.

Snacks

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Happy Trails Cereal Mix

Preparation Time: 10 minutes
Servings: 6

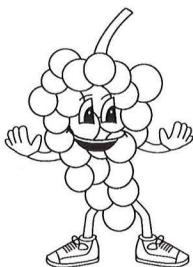
Utensils Needed: measuring cups, large mixing bowl, spoon, and 6 cups.

- 1½ cups square rice cereal
- 1 cup toasted round oats cereal
- 1½ cups square corn cereal
- 1 cup pretzels, small
- ½ cup raisins
- ½ cup candy-coated chocolate pieces (optional)

Directions:

1. In a large mixing bowl, stir together all ingredients and serve in cups.

Nutrition Information per Serving: Calories 240, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 730 mg (30% DV), Total Carbohydrate 57 g (19% DV), Dietary Fiber 3 g (12% DV), Sugars 12 g, Protein 6 g, Vitamin A 6%, Vitamin C 6%, Calcium 8%, Iron 40%.



Fun Fact: Snack mix has a lot of different names like trail mix or "gorp." This is a great snack to take on a hike or camping!

Yummy Bug

Preparation Time: 5 minutes

Servings: 1

Utensils Needed: plate, butter knife, and measuring spoon.

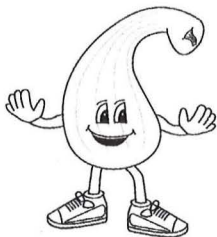
- 2 round crackers
- 1 tablespoon peanut butter
- 6-8 pretzel sticks
- 2 raisins

Directions:

1. Place 2 crackers on a plate. Spread the peanut butter on one cracker.
2. Put the pretzels in the peanut butter, three on each side for "legs."
3. Put the raisins in the peanut butter, towards one end for "eyes."
4. Place the other cracker on top.

* Use 8 pretzels if you want to make a spider!

Nutrition Information per Serving: Calories 140, Total Fat 9 g (14% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 0 mg (0% DV), Sodium 190 mg (8% DV), Total Carbohydrate 11 g (4% DV), Dietary Fiber 1 g (4% DV), Sugars 3 g, Protein 5 g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 4%.



Fun Fact: Sixty percent of people prefer creamy peanut butter over crunchy.

Peanut Buttery Play-dough

Preparation Time: 5 minutes

Servings: 20

Utensils Needed: large mixing bowl, measuring cups, spoons, and measuring spoon.

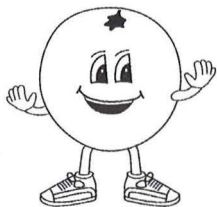
- 1 cup peanut butter
- 1 cup white corn syrup
- 1¼ cups non-fat dry milk
- 1 cup powdered sugar

Directions:

1. In a large bowl, mix all ingredients together. Knead into a large ball.
2. Measure the ball out into 1 tablespoon portions if you would like to eat the play-dough.
3. If dough is too soft, add more dry milk or powdered sugar.
4. Enjoy and be creative!

* Shape into mice and add licorice for tails, raisins or chocolate chips for eyes, slivered almonds for ears and a chocolate chip for the nose.

Nutrition Information per Serving: Calories 170, Total Fat 6 g (9% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 0 mg (0% DV), Sodium 95 mg (4% DV), Total Carbohydrate 25 g (8% DV), Dietary Fiber 1 g (4% DV), Sugars 15 g, Protein 5 g, Vitamin A 2%, Vitamin C 0%, Calcium 6%, Iron 2%.



Fun Fact: The average child will eat 1,500 peanut butter and jelly sandwiches before he/she graduates from high school.

Raisin Letters

Preparation Time: 5 minutes

Servings: 4

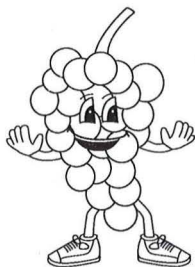
Utensils Needed: measuring spoons, butter knife, and 4 plates.

- 4 rice cakes
- 4 tablespoons cream cheese, softened
- 4 tablespoons raisins

Directions:

1. Place each rice cake on a plate.
2. Spread 1 tablespoon of cream cheese on each rice cake.
3. Use raisins to make letters on the rice cake.

Nutrition Information per Serving: Calories 120, Total Fat 5 g (8% DV), Saturated Fat 3.5 g (18% DV), Cholesterol 15 mg (5% DV), Sodium 60 mg (3% DV), Total Carbohydrate 16 g (5% DV), Dietary Fiber 1 g (4% DV), Sugars 7 g, Protein 2 g, Vitamin A 4%, Vitamin C 0%, Calcium 2%, Iron 2%.



Fun Fact: Raisins are grapes that have been dried.

Peanut Butter Bite

Preparation Time: 5 minutes
Servings: 1

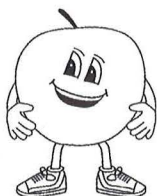
Utensils Needed: small mixing bowl, spoon, and measuring spoons.

- 1 tablespoon peanut butter
- 1 tablespoon non-fat dry milk
- $\frac{1}{2}$ tablespoon honey
- 1 tablespoon dry oatmeal
- 1 tablespoon raisins

Directions:

1. In a small bowl, mix peanut butter, dry milk, and honey.
2. Add the oatmeal and raisins.
3. Form into a ball.

Nutrition Information per Serving: Calories 220, Total Fat 8 g (12% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 0 mg (0% DV), Sodium 100 mg (4% DV), Total Carbohydrate 34 g (11% DV), Dietary Fiber 2 g (8% DV), Sugars 27 g, Protein 7 g, Vitamin A 2%, Vitamin C 0%, Calcium 8%, Iron 4%.



Fun Fact: Peanut butter is the leading use of peanuts in the USA!

Peanutty Pudding

Preparation Time: 10 minutes

Servings: 4

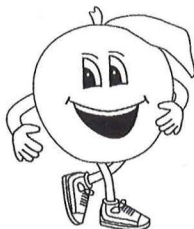
Utensils Needed: large mixing bowl, hand mixer/whisk, spoon, measuring cups, and 4 bowls.

- 2 cups low-fat milk
- 1 (3.5 ounce) package instant vanilla pudding
- $\frac{1}{4}$ cup peanut butter

Directions:

1. In a large mixing bowl, mix milk and instant pudding together.
2. With a hand mixer or whisk, beat in peanut butter.
3. Pour into bowls and refrigerate until set.

Nutrition Information per Serving: Calories 230, Total Fat 8 g (12% DV), Saturated Fat 2 g (10% DV), Cholesterol 0 mg (0% DV), Sodium 500 mg (21% DV), Total Carbohydrate 33 g (11% DV), Dietary Fiber 1 g (4% DV), Sugars 31 g, Protein 9 g, Vitamin A 6%, Vitamin C 2%, Calcium 15%, Iron 2%.



Fun Fact: One cow can produce 90 glasses of milk a day.

Zebra Cups

Preparation Time: 20 minutes

Servings: 8

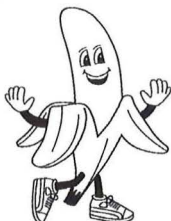
Utensils Needed: 2 medium mixing bowls, measuring cups, whisk/fork, butter knife, cutting board, measuring spoons, spoons, and 8 small bowls.

- 4 cups low-fat milk, divided
- 1 (1 ounce) package instant chocolate sugar-free pudding
- 1 (1 ounce) package instant vanilla sugar-free pudding
- 2 bananas, chopped
- $\frac{1}{2}$ cup chocolate crispy rice cereal or crushed chocolate graham crackers

Directions:

1. In a medium bowl, pour 2 cups milk and chocolate pudding mix. Beat with whisk or fork for about 2 minutes. Set aside.
2. In a separate mixing bowl, pour 2 cups milk and vanilla pudding mix. Beat with whisk or fork for about 2 minutes. Set aside.
3. Place 2 tablespoons of chopped bananas on bottom of bowl.
4. In each bowl pour $\frac{1}{4}$ cup of chocolate pudding over bananas. Pour $\frac{1}{4}$ cup vanilla pudding on top of chocolate pudding.
5. Top pudding with 1 tablespoon of cereal or graham crackers.

Nutrition Information per Serving: Calories 110, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 115 mg (5% DV), Total Carbohydrate 22 g (7% DV), Dietary Fiber 1 g (4% DV), Sugars 15 g, Protein 5 g, Vitamin A 6%, Vitamin C 6%, Calcium 15%, Iron 2%.



Fun Fact: Each zebra has a unique stripe pattern just like human fingerprints.

Chilly Frilly Fruit

Preparation Time: 10 minutes

Servings: 7

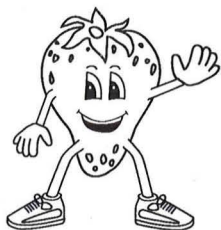
Utensils Needed: medium mixing bowl, measuring cup, can opener, measuring spoons, colander, spoon, plastic wrap, and small cups.

- 1 cup applesauce
- 1 (10 ounce) package frozen strawberries, sliced, thawed
- 1 (11 ounce) can mandarin oranges, drained
- 2 tablespoons unsweetened orange juice concentrate, thawed

Directions:

1. In a medium mixing bowl, mix all ingredients together.
2. Spoon into small cups, cover with plastic wrap, and place in the refrigerator.
3. Refrigerate approximately 4 hours.

Nutrition Information per Serving: Calories 60, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 0 mg (0% DV), Total Carbohydrate 16 g (5% DV), Dietary Fiber 2 g (8% DV), Sugars 13 g, Protein 0 g, Vitamin A 0%, Vitamin C 60%, Calcium 0%, Iron 2%.



Fun Fact: Strawberries need warm, sunny days and cool nights to grow.

Cheesey Party Ball

Preparation Time: 5 minutes
Servings: 32

Utensils Needed: medium mixing bowl, spoon, measuring cup, measuring spoons, and large plate.

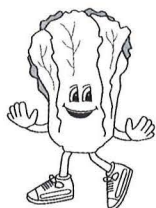
- 1 (8 ounce) package of cream cheese, softened
- 2 cups Cheddar cheese, shredded
- 1 teaspoon garlic powder or onion powder

Directions:

1. In a medium mixing bowl, mix cream cheese and Cheddar cheese.
2. Add garlic powder or onion powder to cheese mixture.
3. Mix with a spoon. With very clean hands, form into a ball.
4. Place cheese ball on a large plate and serve crackers, chips, or vegetables around cheese ball.

* Refrigerate leftover cheese ball.

Nutrition Information per Serving: Calories 50, Total Fat 4.5 g (7% DV), Saturated Fat 3 g (15% DV), Cholesterol 15 mg (5% DV), Sodium 65 mg (3% DV), Total Carbohydrate 1 g (0% DV), Dietary Fiber 0 g (0% DV), Sugars 0 g, Protein 2 g, Vitamin A 4%, Vitamin C 0%, Calcium 6%, Iron 0%.



Fun Fact: It takes 10 pounds of milk to make 1 pound of cheese!

Monster Mouths

Preparation Time: 5 minutes

Servings: 8

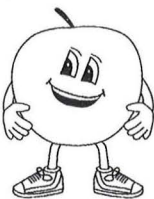
Utensils Needed: plate, butter knife, sharp knife, cutting board, and measuring spoon.

- 1 apple
- 8 teaspoons peanut butter
- 16 miniature marshmallows
- 16 raisins
- 1 fruit leather

Directions:

1. With the help of an adult, core and slice apple into 16 pieces. Set aside.
2. Spread $\frac{1}{2}$ teaspoon of peanut butter on one side of each apple slice.
3. Decorate 8 of the apple slices with marshmallows and raisins for monster teeth.
4. Cut fruit leather into 8 - 1 inch slices.
5. Add fruit leather slices for tongues.
6. Top with remaining apple slices.

Nutrition Information per Serving: Calories 100, Total Fat 3 g (5% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 35 mg (1% DV), Total Carbohydrate 18 g (6% DV), Dietary Fiber 1 g (4% DV), Sugars 15 g, Protein 2 g, Vitamin A 0%, Vitamin C 4%, Calcium 2%, Iron 2%.



Fun Fact: After planting, it takes about 2-3 years for apple trees to produce fruit.

Build your own Kabobs

Preparation Time: 15 minutes
Servings: 8

Utensils Needed: can opener, butter knife, colander, cutting board, large plate, small bowls, fork, mixing bowl, and toothpicks.

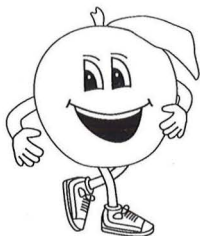
- 1 (16 ounce) can peaches, diced
- 1 (8 ounce) can pears, diced
- 2 bananas, sliced
- 1 (8 ounce) container strawberry whipped cream cheese or Berry Fluffy Dip (p. 26)

Directions:

1. Drain all canned fruits, reserving $\frac{1}{4}$ cup of juice or light syrup.
2. Place one of each of the fruits onto a toothpick.
3. Refrigerate covered until ready to serve.
4. In a bowl, use a fork to stir together cream cheese and reserved $\frac{1}{4}$ cup juice or light syrup to make dipping sauce. Refrigerate until ready to use.
5. Serve kabobs on a large plate. Dip in cream cheese sauce.

* Use any of your favorite fruits on kabobs (pineapple, mandarin oranges, or strawberries).

Nutrition Information per Serving: Calories 160, Total Fat 3.5 g (5% DV), Saturated Fat 2.5 g (13% DV), Cholesterol 10 mg (3% DV), Sodium 70 mg (3% DV), Total Carbohydrate 32 g (11% DV), Dietary Fiber 2 g (8% DV), Sugars 20 g, Protein 3 g, Vitamin A 10%, Vitamin C 10%, Calcium 4%, Iron 4%.



Fun Fact: Ripen peaches in a brown paper bag for 2 to 3 days at home on the kitchen counter!

Pudding with a Punch

Preparation Time: 5 minutes
Servings: 4

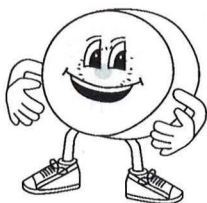
Utensils Needed: large mixing bowl, measuring cup, whisk/fork, colander, can opener, rubber spatula, and 4 small bowls.

- 1 (3.5 ounce) package instant vanilla pudding
- 2 cups non-fat milk
- 1 cup fresh fruit or canned fruit, drained

Directions:

1. In a large bowl, mix pudding and milk with a whisk or fork, until thickened.
2. Add fruit and stir.
3. Pour into serving dishes.
4. Chill for 30 minutes before serving.

• Nutrition Information per Serving: Calories 170, Total Fat 0 g (0% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 430 mg (18% DV), Total Carbohydrate 38 g (13% DV), Dietary Fiber 1 g (4% DV), Sugars 35 g, Protein 5 g, Vitamin A 8%, Vitamin C 4%, Calcium 15%, Iron 0%.



Fun Fact: It takes 2 whole days for milk to get from the cow to the grocery store!

Kicked Up Popcorn

Preparation Time: 5 minutes
Servings: 3

Utensils Needed: measuring spoon, microwave, medium mixing bowl, and pot holders.

- 1 (3.5 ounce) bag microwave popcorn

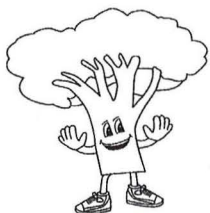
Topping Options:

- 2 teaspoons taco seasoning or
- 2 teaspoons flavored gelatin

Directions:

1. Prepare popcorn according to directions on the package.
2. Let popcorn sit in microwave for about 2 minutes after time is up.
3. Use a pot holder to remove popcorn from microwave.
4. Be careful to hold bag of popcorn away from face when opening.
5. Let popcorn cool a little and then add **one** of the toppings of your choice to the bag.
6. Shake the bag, pour into a bowl, and enjoy!

Nutrition Information per Serving: Calories 110, Total Fat 6 g (9% DV), Saturated Fat 1 g (5% DV), Cholesterol 0 mg (0% DV), Sodium 190 mg (8% DV), Total Carbohydrate 12 g (4% DV), Dietary Fiber 2 g (8% DV), Sugars 0 g, Protein 2 g, Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 4%.



Fun Fact: Popcorn is a whole grain, so it is a good source of fiber!

Sassy Salsa-Rific Chips

Preparation Time: 5 minutes

Servings: 8

Utensils Needed: microwave-safe plate, measuring cups, and pot holders.

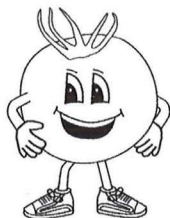
tortilla chips or fresh vegetables
 $\frac{1}{4}$ cup Cheddar cheese, shredded
 $\frac{1}{4}$ cup salsa

Directions:

1. On a microwave-safe plate, place tortilla chips or fresh vegetables.
2. Sprinkle cheese over chips or vegetables and microwave on HIGH for 30 seconds.
3. Top with salsa.

* Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 270, Total Fat 17 g (26% DV), Saturated Fat 8 g (40% DV), Cholesterol 35 mg (12% DV), Sodium 720 mg (30% DV), Total Carbohydrate 22 g (7% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 9 g, Vitamin A 4%, Vitamin C 0%, Calcium 4%, Iron 2%.



Fun Fact: Carrot juice was one of the first colorings added to cheese to make it look orange!

Monkey Crackers

Preparation Time: 5 minutes
Servings: 1

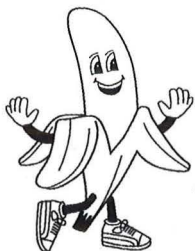
Utensils Needed: plate, butter knife, and measuring spoon.

- 1 graham cracker, halved
- 1 teaspoon creamy peanut butter
- 1 banana

Directions:

1. Place $\frac{1}{2}$ graham cracker on plate. Spread peanut butter on graham cracker.
2. Peel and thinly slice the banana.
3. Put a single layer of banana slices on top of the peanut butter.
4. Top with the other half of the graham cracker.

- Nutrition Information per Serving: Calories 120, Total Fat 6 g (9% DV), Saturated Fat 1.5 g (8% DV), Cholesterol 0 mg (0% DV), Sodium 70 mg (3% DV), Total Carbohydrate 16 g (5% DV), Dietary Fiber 2 g (8% DV), Sugars 8 g, Protein 3 g, Vitamin A 0%, Vitamin C 8%, Calcium 2%, Iron 2%.



Fun Fact: Bananas are harvested every day of the year, and are available year-round.

No Bake Boulders

Preparation Time: 15 minutes
Servings: 8

Utensils Needed: microwave-safe bowl, microwave, spoon, measuring cups, non-stick cooking spray, 8x8 pan, wax paper, and pot holders.

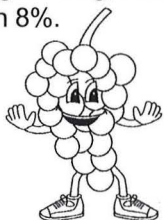
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup honey
- $\frac{3}{4}$ cup low-fat granola
- $\frac{3}{4}$ cup crispy rice cereal
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup crushed graham crackers

Directions:

1. Spray an 8x8 pan with non-stick cooking spray. Set aside.
2. In a microwave-safe bowl, heat peanut butter and honey in microwave on HIGH for 15-30 seconds, or until creamy.
3. Add granola, cereal, raisins, and graham cracker crumbs to the peanut butter mixture, and stir together.
4. Place the mixture in the prepared 8x8 pan. Let cool in refrigerator for at least one hour.
5. Cut into squares.
6. Roll into balls and set on wax paper.
7. Enjoy. Keep refrigerated.

* Microwaves may vary in power, so you may have to change the cooking time.

Nutrition Information per Serving: Calories 290, Total Fat 10 g (15% DV), Saturated Fat 2 g (10% DV), Cholesterol 0 mg (0% DV), Sodium 190 mg (8% DV), Total Carbohydrate 46 g (15% DV), Dietary Fiber 2 g (8% DV), Sugars 30 g, Protein 6 g, Vitamin A 2%, Vitamin C 2%, Calcium 6%, Iron 8%.



Fun Fact: It takes about 540 peanuts to make a 12-ounce jar of peanut butter.

Smilin' S'more

Preparation Time: 5 minutes

Servings: 1

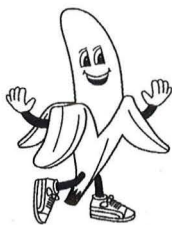
Utensils Needed: plate, butter knife, and spoon.

- 2 graham crackers
- 1 (4 ounce) chocolate pudding snack cup
- 1 small banana, sliced

Directions:

1. Place one graham cracker on a plate.
2. Spread a thin layer of chocolate pudding on graham cracker.
3. Lay sliced banana on top of pudding.
4. Top with the remaining graham cracker.
5. Eat it like a s'more.

Nutrition Information per Serving: Calories 260, Total Fat 5 g (8% DV), Saturated Fat 2 g (10% DV), Cholesterol 0 mg (0% DV), Sodium 230 mg (10% DV), Total Carbohydrate 56 g (19% DV), Dietary Fiber 4 g (16% DV), Sugars 35 g, Protein 4 g, Vitamin A 2%, Vitamin C 15%, Calcium 10%, Iron 6%.



Fun Fact: Bananas are the most popular fruit in America.

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